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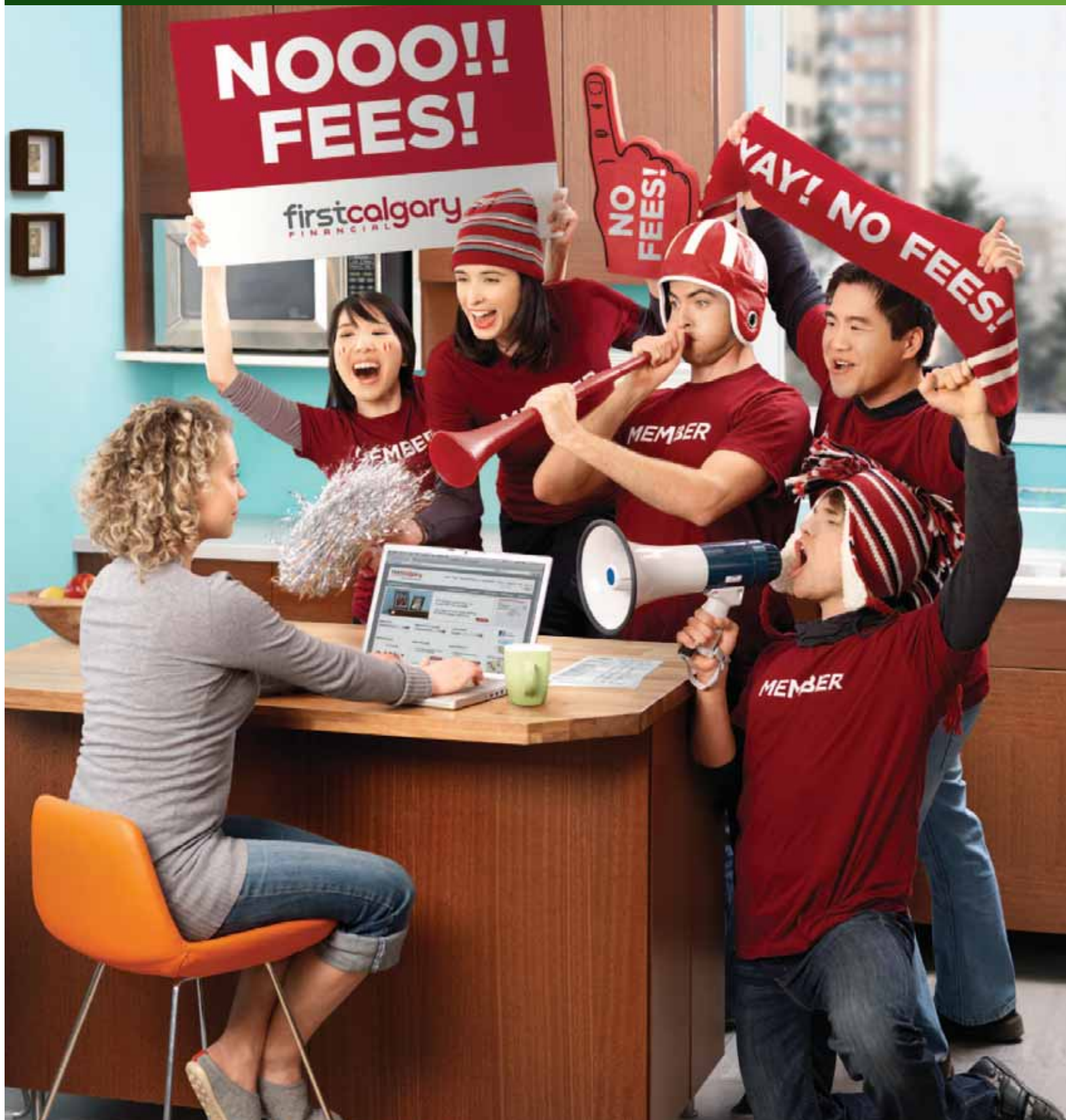
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Tuesday, January 29, 2013



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A CAUTIONARY TALE

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ONE MAN'S NEAR-DEATH EXPERIENCE IN THE B.C.
BACKCOUNTRY, WHICH CONTINUES TO LURE MANY

PAGES 10 & 11

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Tuesday, January 29, 2013



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Crash victim was celebrating birthday: Mom

Investigation.

Family of 24-year-old Zein El-Masri says police have indicated vehicle was travelling double the speed limit



**JEREMY
NOLAIS**

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Twenty-four and so much to live for.

That was a thought the mother and girlfriend of a Calgary man killed in a fatal crash early Sunday struggled to shake one day after his death.

Zein El-Masri was out celebrating his 24th birthday with friends overnight from Saturday into Sunday, according to mother Amal Ten, when the Honda Accord he was a passenger in ran into a pole at the intersection of 68th Street and 26th Avenue N.E.

It's believed he was killed



Zein El-Masri with his girlfriend of five years, Genevieve Gill. El-Masri was killed in a fatal collision Sunday. COURTESY OF GENEVIEVE GILL

instantly.

Ten said her son was a friend to many and she expects a large turnout for a planned funeral Tuesday.

"He loved everybody," she said. "I love him so much. He was quiet, smiling all the day and working hard.... He never did anything bad to anybody."

Police offered few new details of their ongoing in-

vestigation Monday. Previously, they had said that one of their cruisers spotted the Accord and another vehicle, a VW Jetta, travelling at a high rate of speed around 1:40 a.m. Sunday and flashed their emergency lights. The Jetta stopped, but the Accord kept going and crashed a few moments later.

Police suggested Sunday the vehicles may have been street-racing; however, El-Masri's girlfriend, Genevieve Gill, said she knew people travelling in the Jetta and said they were merely attempting to get the attention of the Accord's driver after noticing the vehicle was speeding and swerving.

"The intention was definitely not racing," she said.

Police believe alcohol may have been a factor in the collision as the Accord's driver refused to provide a breathalyzer sample.

Follow Jeremy Nola on
Twitter @Metro_Nola



AN ELDER'S WORDS

Victoria Crowchild, 79, speaks to a crowd of about 300 people who gathered at Olympic Plaza on Monday afternoon for an Idle No More demonstration, one of dozens held across Canada and internationally on what was dubbed a global day of action. Story, page 4. ROBSON FLETCHER/METRO



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Trial. City psychiatrist guilty on three sex charges

After days of deliberation, a jury found a Calgary psychiatrist guilty Monday on three counts of sexual assault against his male patients.

Dr. Aubrey Levin stood quietly and without outward emotion as he was found not guilty on two counts and a mistrial was declared on four other counts. Court will reconvene on those matters on March 15 to set a date for a new trial.

Over the weekend, the jury had indicated they were unable to reach a unanimous verdict on any of the charges but Justice Donna Shelley implored with them to keep trying.

The nine patients had been assigned to Levin through the courts between 1999 and 2010.

The allegations against Levin, 74, came to light in 2010 after one of his patients came forward with secret videos he recorded during court-ordered sessions with the psychiatrist.

The videos, played in court last fall, show Levin undoing the man's belt and jeans and appearing to fondle him.

The patient, identified only as R.B. in court, was on probation at the time the videos were taken and had been ordered by a court to see Levin twice a month.

The man said he had told authorities about previous assaults and no one believed him, so he bought a spy camera and brought it to his appointments.

Levin said he was only performing a physical examination to test for sexual dysfunction, but the jury sided with R.B. and found Levin guilty.

After he was arrested, other former patients came forward with abuse allegations. **THE CANADIAN PRESS**

Stu Peppard Arena closed for season

Closure extended.
Due to water damage popular arena shuttered until end of March, leaving hockey teams scrambling



JEREMY NOLAÏS
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Calgary hockey teams are being asked to show a little extra sportsmanship after officials announced Monday a busy local arena will remain closed for the season.

Crews originally shut the Stu Peppard Arena, located at

5300-19th Street S.E., on Jan. 17 after an assessment of the facility's roof determined it had sustained water damage.

Hockey families in the area had originally remained hopeful the arena would reopen in a week's time.

However, Shelley Shea, the city's manager of recreation for the south region said required maintenance will likely take until the end of March, meaning 20 user groups will need to find another place to compete and practise for the remainder of the current hockey season.

"It's necessary to close the facility in the interest of public safety and to ensure that the necessary repairs can be made," Shea said.

Word of the extended closure was not welcomed by hockey mom Patrizia Ruggieri, who has two sons playing with the Trails West Hockey Association. On Sunday, the on-going ice shortage forced her to drive from the southwest to Renfrew in Calgary's northeast for a practice.

As well, Ruggieri said coaches with her boys' teams have said finding appropriate practice time will be a challenge in the weeks ahead.

"I am not very hopeful they will be able to replace it all because there is so little ice time available," she said.

But Christina Rogers with Hockey Calgary said the organization has already found alternate venues for 72 games

Arena facts

- The City of Calgary currently has 51 sheets of ice available for hockey.
- Officials hope to reopen Stu Peppard Arena in April, just in time for the lacrosse season and other spring sports.

scheduled at Peppard to the end of February and is now asking teams to share ice time booked for practices.

"People kind of come out of the woods when disaster strikes," she said. "That's something our city is very well known for."



Paying respects to plane crash victims

People take part in a memorial ceremony Monday at the National Science Foundation's Amundsen-Scott South Pole Station after three men, including Calgary newlywed Mike Denton, were killed in a plane crash last week. On the flight with Denton was Inuvik, N.W.T., resident and experienced pilot Bob Heath as well as Collingwood, Ont., bush pilot Perry Andersen. Denton was married in September and was an avid photographer.

BLAISE KUO TONG/HANDOUT/NATIONAL SCIENCE FOUNDATION/THE CANADIAN PRESS

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Demonstrators form a drum circle at Calgary's Olympic Plaza, where about 300 people gathered on Monday afternoon in protest of Bill C-45. ROBSON FLETCHER/METRO

Idle No More continues to push against Bill C-45

Police presence. Officers on foot, in motor vehicles and on bicycles escort marching demonstrators

ROBSON FLETCHER
robson.fletcher@metronews.ca

About 400 people took part in two demonstrations Monday in support of aboriginal rights and environmental protection — Calgary's component of an Idle No More "global day of action."

"Obviously it's not dying," Chekotah Bronson said of the movement, as roughly 300 people gathered nearby, after marching to Olympic Plaza.

Similar demonstrations took place in dozens of Canadian cities, and smaller events were planned in the United States, Sweden and Australia.

"The best part about it is we've got people all over the world that are watching," Bronson said. "They've got their eyes right now on Canada."

Autumn Eaglespeaker said the movement's main concerns lie with changes to the Indian Act and Navigable Waters Protection Act under the Conservative government's omnibus Bill C-45.

"We're here today because of the water. We're here today because of the land. And we're here today because of the future generations," she said.

Victoria Crowchild, 79, said she wanted to get involved after reading Bill C-45 and then hearing what she described as a racist reaction to the Idle No More movement that opened up wounds from the time she spent in residential schools.

"I still have those scars, from what they did to me, and how they used to call me stupid, dumb, ignorant, dirty, savage," Crowchild said. "But I

Peaceful protest

- Police spokesperson Kevin Brookwell said demonstrators provided police with their planned marching routes ahead of time and stuck to those routes Monday.
- The demonstration resulted in "a little inconvenience" for some drivers, Brookwell said, but had "very little" impact on traffic overall.

lived through it."

A second demonstration took place Monday night outside city hall, where about 120 people showed up.

Organizers had hoped 800 people would attend the evening rally and attributed the low turnout to the sudden turn in the weather, as snow fell and temperatures plunged to -16 C.

Further consultation. Council puts off decision on shark-fin bylaw

Calgary's controversial shark-fin bylaw continues to linger in legal limbo, as council opted on Monday to undertake further consultation before making a final decision.

"People who feel passionately on this with different points of view have not had an opportunity to sit down together," Mayor Naheed Nenshi said.

Richard Poon, spokesperson for a group of Chinese merchants and others opposed to the bylaw, was

pleased with council's decision.

Ingrid Kuenzel of Shark Fin Free Calgary was disappointed but said her group would participate in the dialogue council wants to foster, although she sees little room for compromise given the status of shark populations globally.

"The only sustainable solution is to stop hunting sharks," Kuenzel said.

Council is set to revisit the issue in May.

ROBSON FLETCHER/METRO

Religious freedom. Province devises policy to allow kirpans in court

The Alberta government has come up with a policy that allows Sikhs to wear a ceremonial religious dagger called a kirpan in provincial courthouses.

Under the policy, a person must tell security officers they have a kirpan and wear it in a sheath, under clothing.

The blade of the kirpan can be no longer than 10 centimetres.

The World Sikh Organization says Alberta is the first

province to bring in a province-wide policy for all of its courts.

"Alberta is the first province-wide adoption of a uniform policy with respect to the kirpan," Balpreet Singh, spokesman for the World Sikh Organization of Canada said Monday from Toronto.

Alberta's policy is based on rules used in courthouses in Toronto that were introduced last year.

THE CANADIAN PRESS

'Level playing field'

New campaign policy aimed at reducing incumbent's advantage

Incumbents will have to abide by stricter rules in the lead-up to October's municipal election, now that council has approved a campaign-period policy.

The policy prohibits members of council from making use of city resources — including staff, city-funded newsletters, and city-hosted websites — in the months leading up to an election.

Some of the rules kick in June 1, others Aug. 1.

The policy also states that city administration should not schedule any official openings or ribbon-cuttings during the campaign period at which members of council would appear.

Mayor Naheed Nenshi said the rules should make it easier for challengers to run against incumbents.

"I don't mind fettering the incumbents," he said. "We have a giant advantage entering into an election and I think that making election rules fair is, in fact, about creating a level, level playing field."

ROBSON FLETCHER/METRO

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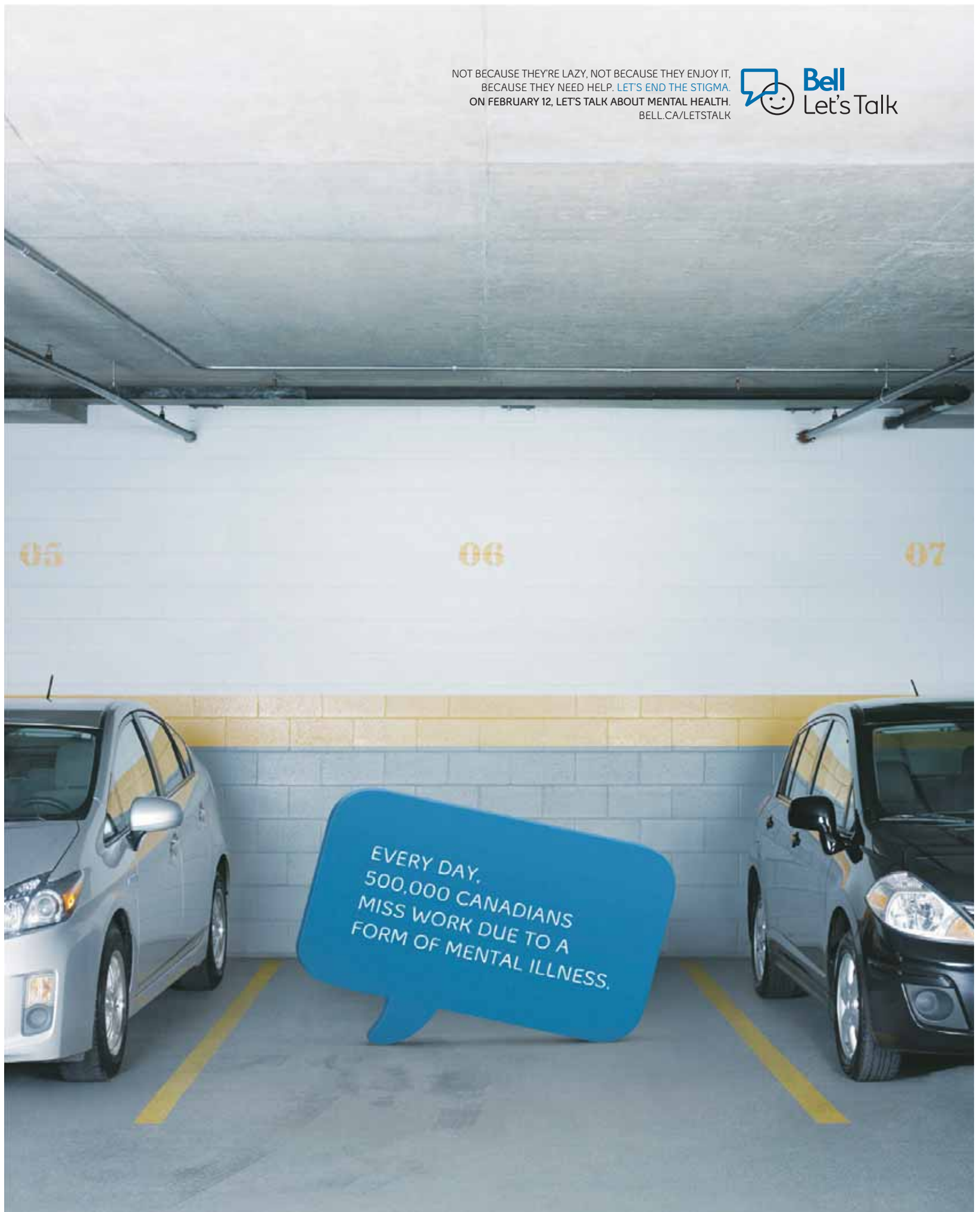
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Milk Tiger bartender Stephen Stewart puts the finishing touches on his Alberta Cocktail Challenge entry. LISA WILTON/METRO

Bartenders vie for spirited title

Alberta Cocktail Challenge. Twelve mixologists face off

Mixing the perfect cocktail takes skill, precision and the right ingredients.

On Tuesday night, 12 of Alberta's cleverest cocktail creators will unveil their coolest concoctions at the 2013 Alberta Cocktail Challenge.

These mixologists will compete for up to \$4,000 in cash prizes and bragging rights in two categories — "Winter Warmer," which requires bartenders to create a warm or cold beverage fit for the season, and "Soda-licious," which must contain Fentimans soda.

If you go

The 2013 Alberta Cocktail Challenge takes place at Hotel Arts (119–12 Ave. SW) starting at 6 p.m. Tickets are \$20 at the door.

"Creativity and originality are what the judges are looking for," says Nathan Head, owner of the Milk Tiger Lounge and VP of the Canadian Professional Bartenders Association's Alberta division.

"Are you making a well-balanced cocktail? Is it too acidic? Too sweet? That's a big component now."

The four top-scoring bartenders will move on to a "Black Box" challenge where

they'll attempt to make a drink using ingredients revealed to them at the last minute.

Head says competitors are keen to reach the Black Box stage as it allows them to really show off their skills.

"Most of us can sit around for an hour and come up with a good cocktail," he says. "But coming up with stuff on the fly with ingredients you haven't worked with before, that's fun."

Last year's champion, Franz Swinton, says the Alberta Cocktail Challenge is a great showcase for the city's bartenders.

"Calgary has a young and up-and-coming drinks culture," he says.

"It's a great way to show that we are doing new things and that we aren't just a rye-and-coke city." LISA WILTON/METRO

Cocktail recipes

Title-holder and title- hopeful mixes

Winning last year's Alberta Cocktail Challenge was among the highlights of Franz Swinton's 12-year bartending career.

"Officially, I won \$2,000," says Swinton, who has manned the bars at District, The Rhino and Hotel Arts' Raw Bar.

"Unofficially, I won the respect of my peers and it has placed me in the upper echelon of drink-makers in the city."

Swinton won the 2012 competition with this tasty concoction:

Tea @ 3 a.m.

- 3 oz Hendricks gin
- 1 oz Grand Marnier
- 0.5 oz Elderflower cordial
- 4 bar-spoons tea (local tea blend: Sencha, fruity aromatics from Tea Trader in Inglewood)
- 6 dashes Rhubarb Bitters

Method:

Build ingredients in tea pot, cover with 3 cups hot water, steep for 3 minutes.

Garnish:

- Gin-infused cucumber sandwich with local sheep-milk butter
- Local lemon honey

Milk Tiger's Stephen Stewart's "Soda-licious" entry:

Fentimans Not-So-Hard Lemonade:

- 1.5 oz Appleton Estate Rum
- 0.5 oz Cinzano Bianco Vermouth
- 0.25 oz St. Germain Elderflower Liqueur
- 1 oz Rooibos Saffron Syrup
- Bittermens Elemakule Tiki Bitters
- 3 oz Fentimans Rose Lemonade

Combine all but the lemonade into a cocktail shaker. Add ice and shake. Fine strain into a Collins glass over fresh ice. Top with Fentimans Rose Lemonade. Garnish with a lemon wheel.

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Flight. Monkey in rocket launched into space, says Iranian state TV

Iran said Monday it has successfully sent a monkey into space, describing the launch as another step toward Tehran's goal of a manned space flight.

According to a brief report on state TV, the rocket, dubbed Pishgam, or Pioneer in Farsi, reached a height of 120 kilometres. The report gave no other details on the timing or location of the launch, but said the monkey safely returned to Earth.

Still images broadcast on state TV showed a small, grey-tufted monkey presumably being prepared for the flight, including wearing a type of body



In this undated image taken from AP Television, scientists in Iran surround a monkey ahead of a space launch.
THE ASSOCIATED PRESS

protection and being strapped tightly into a pod that resembled an infant's car seat.

THE ASSOCIATED PRESS

Possible change

U.S. Boy Scouts considering retreat from no-gays policy

The Boy Scouts of America is considering a dramatic retreat from its controversial policy of excluding gays as leaders and youth members.

Under the change now

being discussed, the different religious and civic groups that sponsor Scout units would be able to decide for themselves how to address the issue — either maintaining an exclusion of gays or opening up their membership.

Monday's announcement of the possible change comes after years of protests over the policy.

THE ASSOCIATED PRESS

Neglect, errors contributed to Brazil nightclub blaze

231 dead. No fire alarm, sprinklers or fire escapes resulted in the world's worst fire of its kind in more than a decade

There was no fire alarm. There were no sprinklers or fire escapes. And when a band member tried to put out a fire that had been started by pyrotechnics, the extinguisher didn't work.

All the elements were in place for the tragedy at the Kiss nightclub early Sunday.

The result was the world's worst fire of its kind in more than a decade, with 231 people dead and the southern Brazilian college town in shock and mourning.

Funerals began on Monday, as reports continued to emerge about the accumulation of neglect and errors at the packed night spot.

According to state safety codes here, clubs should have one fire extinguisher



Relatives and friends carry the coffin of Vinicius Rosado through a cemetery during his burial in Santa Maria, Brazil, Monday. A fast-moving fire roared through the crowded, windowless Kiss nightclub in this southern Brazilian city early Sunday, killing 231. FELIPE DANA/THE ASSOCIATED PRESS

every 1,500 square feet as well as multiple emergency exits. Limits on the number of people admitted are to be strictly respected. None

of that appears to have happened at the Santa Maria nightclub.

"A problem in Brazil is that there is no control of

how many people are admitted in a building," said Joao Daniel Nunes, a civil engineer in nearby Porto Alegre.

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Call of the mountain lures powder hounds

Extreme winter-sports warrior. Despite almost dying in an avalanche, Jeremy Hanke is still drawn to the wilds of B.C.'s mountains



KATE WEBB
Metro in Vancouver

Discovering B.C.'s backcountry 20 years ago was the moment that Jeremy Hanke says turned his life around.

He got his first taste of extreme winter sports at 15 after moving from his adoptive grandparents' home in southern Alberta to the northern B.C. town of Mackenzie to live with a different side of his family.

He was troubled and, in his own words, headed down the wrong path — until some friends handed him a snowboard and introduced him to Powder Keg Mountain.

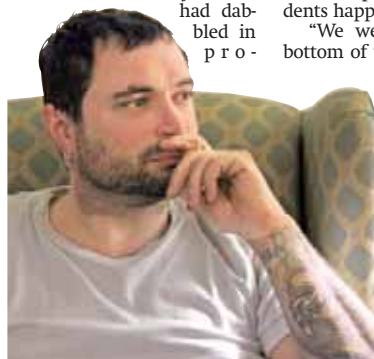
"With everything that was going on in my life at the time, it seemed to be the answer of peace and solitude and motivation," he told Metro during a recent interview in Revelstoke, B.C., where he now works as an avalanche safety educator for snowmobilers.

"It's the feelings that you get out there, it's the friends that you're with, the experience in the mountains.

"To be honest with you, if it wasn't for snowboarding or what I do here, I'd probably be in a jail cell somewhere."

Before long, snowboarding took over his life entirely, Hanke, 35, said. He spent summers working in the Alberta oil patch so he could spend whole winters boarding the backcountry in Canmore and Banff in Alberta and Fernie, Golden and finally Revelstoke, in B.C., where he eventually settled.

By 25 he had dabbled in pro-



Jeremy Hanke turned to a career as an avalanche-safety educator several years after surviving one.

MATT KIELYKA/METRO
IN VANCOUVER



Former professional snowboarder and snowmobiler Jeremy Hanke still lives for snow, despite its having taught him some hard lessons. TYLER RIDDELL/CONTRIBUTED

fessional snowboarding and started getting into snowmobiling as a way to enable himself to go farther into the backcountry.

He didn't expect that despite all his avalanche-safety training, someone else's lack of experience would almost cost him his life.

BURIED ALIVE

Hanke had just dropped down a cliff encrusted with a thick, unstable snowpack in March 2004 to join a group of fellow experienced snowmobilers when he heard the distant rumble of another group of sledders coming toward them.

The avalanche danger that day was listed as "considerable" — not high or extreme, which might have kept them inside, but the dangerously optimistic yellow zone in which experts say most accidents happen.

"We were parked at the bottom of the run-out, which was a mistake of our own, and exposed to a slope above ourselves," Hanke

recounted.

Recognizing the danger, he and his friends began to position themselves for escape — but it was too late. Two men from the other group began climbing the slope right above them, and one of them triggered a Size 3 avalanche (on a zero-to-five scale), burying his companion, along with Hanke and three of his friends, under up to two metres of snow.

"There's one rule in the

Waiting to be rescued

"I kind of just lost that hope for the last minute and went to sleep."

Jeremy Hanke

backcountry: You never climb or scan or travel above somebody else on any sort of avalanche terrain," Hanke explained. "No fault of their own — I just don't think they had the knowledge."

In the terrifying minutes that followed, those in Hanke's group who weren't buried were able to rescue the others using their beacons, probes and shovels — the life-saving holy trinity of any avalanche kit. Hanke was the last to be rescued, spending eight to 10 minutes under

the crushing weight of the icy debris.

"I kind of just lost that hope for the last minute and went to sleep," Hanke recalled.

"My tongue was in the back of my throat when they pulled me out. When a friend of mine pulled me out he was really nervous that my back was broken and one leg was over above my head. I looked like Gumby, and I was blue."

It turned out that he looked to be in worse shape than he was in, and Hanke ended up walking away with no injuries other than some oxygen deprivation. But not everyone was so lucky.

One of the two men from the other group, a 29-year-old from Alberta with a wife and young children back at the hotel, had forgotten his transceiver that day. He was buried for almost half an hour and did not survive.



Tomorrow: The Rescuers
Meet the two- and four-legged frontline avalanche responders.

BREAKING THE SILENCE

Hanke says he did not speak publicly about his shocking experience for six years, but was back on his sled three weeks later. He said he has never spoken to a psychologist or counsellor, although the emotional trauma of what he felt and saw still lingers.

But three years ago Hanke broke his silence after a friend reached out to him on behalf of avalanche-safety educators who were trying hard to engage the newest and fastest-growing contingent of backcountry users — snowmobilers like him.

Since then, Hanke said he has told his story to backcountry enthusiasts and the media at least 100 times. He still cries every time but he continues to tell it for two reasons.

First, Hanke hopes the mistakes that were made — both his and those of the others — will inspire more people to get training and carry an avalanche kit with them at all times.

The second, he said, is more personal. As he started to explain, he paused, took some deep breaths. "For some odd reason I feel like it gives meaning to the person that lost his life — the father that was lost, the husband that was lost, the friend that was lost — so that he didn't die in vain."

Exclusively online



Jeremy Hanke
WREN MCELROY/CONTRIBUTED

To watch a video of Jeremy Hanke recounting what it was like to be buried in an avalanche, visit metronews.ca/survivor



Backcountry use is in our Canadian DNA

Answering the call of the wild is simply a way of life in this country.

"Winter in the mountains is part of the Canadian experience," says Ilya Storm, forecast co-ordinator for the Canadian Avalanche Centre in Revelstoke, B.C. "We come from a country of igloos and fur traders and birch-bark canoes. We love our snowshoes, and in today's world it means split snowboards and skis. Being out in the mountains is a great thing."

And, experts say, proper risk management can ensure that the dangers associated with venturing into the mountainous backcountry don't outweigh the rewards.

In fact, those tasked with keeping the public safe are also some of the staunchest supporters of the public's right to explore Canada's vast provincial and federal parks.

"It can be done safely. Closing access — that's not the answer," says Brent Hillier, an Avalanche Skills Training instructor at Vancouver's Canada West Mountain School. "For people that do go into the backcountry, it's where we learn about ourselves. It's where we really understand what's important in life. It's who we are. You can't take that away from us."



Parks Canada has enforced a winter-permit system for users of Glacier National Park in an effort to keep backcountry users safe.

CONTRIBUTED/PARKS CANADA

It's an experience that empowers locals, and is sold to international visitors as part of our nation's appeal.

"It's amazing every day," says Grant Statham, mountain-risk specialist for Parks Canada and a mountain guide. "People come out to enjoy some peace and quiet. The skiing is awesome, you get beautiful soft powder

flying over your forehead all day long — it's just fantastic."

Revelstoke may be a small B.C. community nestled in the mountains along the Trans-Canada Highway (415 kilometres west of Calgary and 564 kilometres east of Vancouver) but it's carved out a big reputation for itself on the world stage.

"This is the epicentre for

A slice of Canadiana

"It's where we really understand what's important in life. It's who we are. You can't take that away from us."

Brent Hillier, Avalanche Skills Training instructor at Vancouver's Canada West Mountain School

backcountry skiing," says Rob Elliot, general manager of the Revelstoke Mountain Resort. "We just sell good skiing. People love this area: It's so easy to traverse into great alpine terrain and tree skiing."

Statham says backcountry trips are all good things at once: spiritual journeys, social occasions and great exercise.

And the more people do it, the more they're hooked.

"The more you learn about the mountains, the more interesting they become," says Statham, one of the architects of Canada's existing avalanche-danger scale and forecasts. "You begin to understand them. You learn the science of snow, see how it changes if the wind blows in a specific direction. There's a lot to learn and appreciate."

MATT KIULTYKA/METRO IN VANCOUVER

Canucks running to the hills in record numbers

More people than ever are heading for the hills

Across the board, the so-called "avalanche industry" is in agreement that the number of people skiing, snowboarding, sledding and touring through Canada's wilderness is increasing massively.

Just how many people go into the backcountry, however, remains a mystery.

"It's hard to know what goes on in the mountains," admits Ilya Storm, Canadian Avalanche Centre forecast co-ordinator. "We only talk about the fatalities, in part, because they're tracked."

Storm says the number of avalanche-related deaths in Canada hovers at around 14 people each year, but the number isn't necessarily indicative of how dangerous the backcountry may be.

"Fourteen fatalities for 100,000 backcountry users is a way better story than 14 fatalities for 50,000 users,"

Backcountry by the stats

14

The approximate number of annual avalanche-related deaths in Canada, according to the Canadian Avalanche Centre.

7,000

The number of people who take Avalanche Skill Training courses each year.

1.4M

The approximate number — 1,413,230 to be more precise — of requests for public avalanche forecasts in 2011-12.

124%

The increase in users at Glacier National Park from 2009 to 2012.

he says. "We don't really know what the rate of avalanche fatalities and close calls are."

Backcountry skiers have established a good safety record through decades of industry growth, but new at-risk user groups are emerging.

Sledders — aided by rapidly improving technology — now account for nearly 41 per cent of ava-

lanche fatalities in B.C.

"(Snowmobiles) make the mountains much more accessible," says Storm. "You don't need to be super skilled to be able to do the things hotshots were doing just a handful of years ago. Sleds have just become better, and now the hotshots are pushing it (further into the backcountry)."

The popularity of snowshoeing as an affordable

winter fitness activity — especially in the many provincial parks that are, quite literally, at Vancouver's doorstep — is also placing a new group at risk.

"It's a user group that's exploding, I'd say exponentially," says Brent Hillier, a snowshoe guide and Avalanche Skills Training instructor. "With \$200 you can get everything you need to go snowshoeing. It's a great way to take people out there, but at the same time there isn't as much awareness of the risk in that world."

Now the race is on to get the new generation of backcountry users trained and conscious about their safety.

"People don't go out thinking they're doing anything that's unduly risky," says Storm. "If we can help people match their perceptions to the reality, that's what I see as our goal."

MATT KIULTYKA/METRO IN VANCOUVER

Emma-Jane Hetherington ski-tours through the backcountry near Duffey Lake, which is about a three-hour drive from Vancouver.

DYLAN LABELLE/FOR METRO

Non-combat role

Canadian forces on guard in Mali

Canada's special forces are on the ground in Mali to help protect Canadian personnel who are already operating in the troubled African country, say sources within the Department of National Defence.

The Department of Foreign Affairs went to lengths to spell out that the presence of special forces soldiers does not signal an involvement in

combat.

"We have been clear; there will be no mission in Mali," a Foreign Affairs official said in a statement.

"Steps have been taken to ensure our mission and Canadian personnel are protected. We cannot comment on security specifics."

Canadian Forces crews have been piloting and supporting Canada's C-17 heavy-lift transport as it moves military equipment in support of French troops. That mission is scheduled to last until Feb. 15. **THE CANADIAN PRESS**

Beloved matriarch

Queen of the Netherlands to abdicate throne

Dutch Queen Beatrix, 74, announced Monday that she will abdicate on April 30 after 33 years as the head of state, clearing the way for her eldest son, Crown Prince Willem-Alexander, to become the nation's first king in more than a century.

THE ASSOCIATED PRESS



Queen Beatrix, Prince Claus and a baby Willem-Alexander in 1968.
MARIO TORRISI/THE ASSOCIATED PRESS FILE

Morsi fails to keep Egypt from falling into revolt

Five days of violence. Nighttime curfew and army presence don't prevent protests, riots

Protesters battled police for hours in Cairo on Monday and thousands marched through Egypt's three Suez Canal cities in direct defiance of a nighttime curfew and state of emergency, handing a blow to Islamist President Mohammed Morsi's attempts to contain five days of spiraling violence.

Nearly 60 people have been killed in the unrest that has touched cities across the country but has hit hardest in the canal cities, where residents have risen up in outright revolt.

The latest death came on Monday in Cairo, where a protester died of gunshot wounds as youths hurling stones battled all day and into the night with police firing tear gas near Qasr el-Nil Bridge. In nearby

Tahrir Square, protesters set fire to an armoured personnel carrier.

"I will be coming back here every day until the blood of our martyrs is avenged," said 19-year-old carpenter Islam Nasser, who wore a Guy Fawkes mask as he battled police.

Angry and screaming at times, Morsi on Sunday declared a 30-day state of emergency and a nighttime curfew on the three Suez Canal cities of Suez, Ismailiya and Port Said and their provinces. He instructed police to deal "firmly and forcefully" with the unrest and threatened to do more if security was not restored.

But when the 9 p.m. to 6 a.m. curfew began Monday evening, crowds marched through the streets of Port Said. In Ismailiya, residents organized street games of soccer to emphasize their contempt.

Army troops backed with tanks were deployed in Port Said and Suez, but they did not intervene to enforce the curfew. **THE ASSOCIATED PRESS**



Protesters run for cover near Tahrir Square. KHALIL HAMRA/THE ASSOCIATED PRESS

Mexico. Ten bodies found in well believed to be part of missing band and crew

Searchers pulled 10 bodies from a well in northern Mexico on Monday, near the site where 20 members of a Colombian-style music group and its crew disappeared late last week, according to a state forensic official.

It was hard to determine how many more bodies were submersed in the water, said the official, who spoke on condition of anonymity.

Sixteen members of the band Kombo Kolombia and four crew members were re-

ported missing early Friday after playing a private show at a bar in the town of Hidalgo, north of Monterrey.

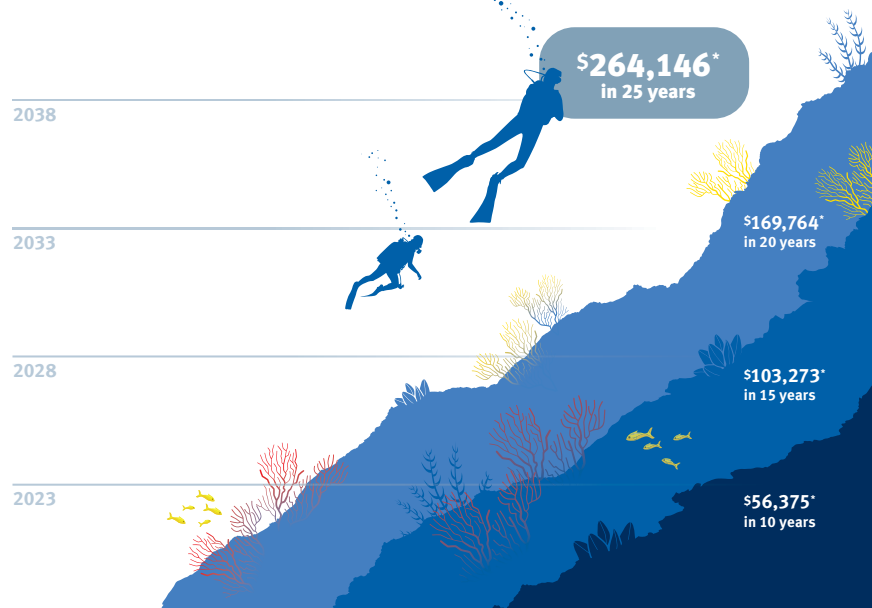
Members of other musical groups have been murdered in Mexico in recent years, usually groups that perform "narcocorridos," which celebrate the exploits of drug traffickers. But Kombo Kolombia did not play that type of music, and its lyrics did not deal with violence or drug trafficking.

THE ASSOCIATED PRESS



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One-percenters rake in tenth of Canada's income



Canadian icon Gordon Lightfoot, right, made an appearance at Occupy Toronto in November 2011 to support his daughter Meredith in her protest against income disparity. Statistics Canada reported Monday that the top one per cent of earners in this country took home at least \$201,400 in 2010. TORSTAR NEWS SERVICE FILE

Income disparity.

StatsCan data show gap between the richest and the rest of us has narrowed slightly

The recession and subsequent weak recovery appears to have taken a bite out of Canada's top income earners — but they are still doing better than the rest and many suspect the setback is temporary.

Statistics Canada reported Monday that the top one per cent of the country's 25.5 million tax filers earned at least \$201,400 in 2010, accounting for 10.6 per cent of the nation's total income — down from 12.1 per cent peak in 2006.

The latest data finds the biggest narrowing in the gap between the top one per cent and the rest occurred in 2008 and 2009, when the Canadian economy was in the midst of a deep recession and the stock market lost about half its value.

By 2010, however, the recession-effect on income disparity appeared to be diminishing. There was only a slight drop-off for the top earners — from 10.7 per cent to 10.6 per cent of the national income — between 2009 and 2010.

Unequal Calgary

26x

In its analysis of the StatsCan data, the Canadian Centre for Policy Alternatives says Calgary is by far Canada's most unequal city with the top one per cent earning 26 times as much as the bottom 10 per cent.

Andrew Sharpe, executive director of Centre for the Study of Living Standards, says he doubts the new data indicate a trend to greater income equality because top earnings are more dependent on investments and capital gains.

"It's likely a cyclical phenomenon," Sharpe said. "There's a lot of forces in society that leads to the concentration of income. It's hard to say what's going to happen, but I wouldn't say it will continue to fall for the top one per cent."

Economist Erin Weir of the Progressive Economics Forum said the one per cent club appears to include more repeat members, suggesting less income mobility in Canada.

In 2010, 72 per cent of the top one per cent were club members the previous year, and 53 per cent had been there five years earlier. The comparable numbers for the 1980s are 67 per cent and 44 per cent respectively. **THE CANADIAN PRESS**

Credit crunch. Visa suffers temporary nationwide outage

Visa's credit-card system was once again working Monday after it crashed earlier in the afternoon, leaving Canadians to reach for their bill-folds.

"Visa is 100 per cent operable. The visa network is working," a Visa spokesperson said. "The issue is with a third-party provider and we will be issuing a more detailed statement soon."

Royal Bank of Canada

and TD Canada Trust said their customers were among those affected by the nationwide outage.

"The system is down for Visa credit-card transactions," a recorded voice at CIBC customer service said earlier Monday afternoon. "The issue is being investigated and we hope to resolve the issue as soon as possible."

TORSTAR NEWS SERVICE WITH FILES FROM THE CANADIAN PRESS



Canadians flocked to social media on Monday afternoon to complain that their Visa cards were being declined. GETTY IMAGES FILE

Music streaming. Rdio offers free access for six months

In a bid to boost its market share amongst Canadian ear-drums, Rdio is offering free access to its streaming music library for up to six months.

"We just want to be able to give everyone the opportunity to experience Rdio," said company spokesperson Marisol Segal.

The site was started by one of the creators of Skype, and launched across North America in 2010. Since then, their online library has grown to include over 18 million songs.

"With streaming music, there still isn't a huge amount of awareness," Segal said. "I

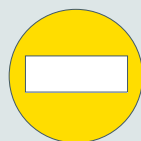
think when people hear about it and realize they can access 18 million songs, they'll get really excited."

Although similar companies like Pandora and Spotify have not made their services available in Canada — citing things such as data caps, population size and regulatory issues — Segal says the country was always a priority for Rdio.

Users can sign up for the free trial at rdio.com. Afterwards, plans cost \$4.99 a month for unlimited web streaming, or \$9.99 for unlimited web and mobile access.

LUKE SIMCOE/METRO

Market Minute



DOLLAR
99.35¢
(Unchanged)



TSX
12,815.91 (-0.71)



OIL
\$96.44 US (+56¢)



GOLD
\$1,652.90 US (-\$3.70)

Natural gas: \$3.27 US (-17¢)
Dow Jones: 13,881.93 (-14.05)

Consumer protection

CRTC puts cell-bill complaints into 1st draft of code

Consumers are asking for clear language in their cellphone contracts and want to be able to put a cap on extra fees, says a draft of a national wireless code,

released Monday by the Canadian Radio-television and Telecommunications Commission.

The telecom regulator wants more comment from Canadians on what they think of the drafted code for the wireless industry. Public hearings will be held the week of Feb. 11. Online comments are open until Feb. 15. **THE CANADIAN PRESS**

Japan relaxes imported-beef restrictions for 4 countries

Canadian cattle producers say they're pleased Japan is relaxing restrictions on imported beef from Canada and three other countries a decade after raising barriers amid the so-called mad cow disease scare.

Japan's Foreign Ministry announced Monday it will allow imports of beef from cows up to 30 months old, effective this Friday. The previous standard was to ban imports of beef from animals older than 20 months.

"This is an exciting announcement and we've been looking forward to this for quite some time," Martin Unrau, president of the Canadian Cattlemen's Association, said

Canadian exports

\$140M

The Canadian government estimates the potential market value of beef exports to Japan will rise to \$140 million to \$150 million a year, about double what it has been.

in a teleconference. "This announcement is very significant for Canadian cattle producers. Japan is an extremely important market and this expanded access will breathe new life into the Canadian beef sector."

Japan's Health Ministry ap-

proved the change — which also applies to beef imports from the United States, France and Netherlands — following public hearings.

Japan banned beef imports in 2003 from several countries after a fatal brain disease was discovered in a few animals, leading to concern that eating their meat could pose a health risk for humans.

Canadian beef producers were hit hard by the import bans imposed by Japan and other countries, including the U.S. The Canadian monitoring system was also criticized and later improved.

THE CANADIAN PRESS

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CONSUMER GUILT & THE PROBLEM WITH DISPOSABLE PARTY DRESSES



SHE SAYS...
Jessica Napier
metronews.ca/voices/
she-says

A group of 15 women showed up at my friend Sarah's apartment earlier this month with suitcases, laundry baskets and milk crates full of items they no longer wanted. There were piles of old books,

DVDs and housewares, but mostly there were clothes. Oh, the clothes: piles and piles of gently used sweaters, polyester party dresses and jeans in every shade of denim imaginable. There were racks of sun-bleached maxi dresses and office-appropriate pencil skirts. Some items still had the tags on.

Swap parties — an increasingly popular activity among the frugal and fashionable set — are an excellent way to purge your unwanted castoffs and acquire some new wardrobe pieces without pulling out your credit card. Over the course of two hours, women stripped down in Sarah's living room to try on clothes, and eyed each other competitively as they ravaged the mounds of silky blouses and novelty-printed tank tops.

Once the swapping concluded, the remaining items were packed up in garbage bags to be donated to a local homeless shelter.

While there is definitely a feel-good element to this form of sustainable shopping, I couldn't help feeling horrified at the hundreds of dollars' worth of stuff we had all managed to accumulate. As I looked around at the outfit carcasses strewn about the apartment, I felt sick at the wastefulness of it all and left the swap party vowing to curb my own gratuitous spending.

As I looked around at the outfit carcasses strewn about the apartment, I felt sick at the wastefulness of it all and left the swap party vowing to curb my own gratuitous spending. I wasn't proud when, just a few days later, I found myself waiting in line to purchase a \$39.99 pair of "leather" leggings.

Human beings spend more than \$1 trillion a year on clothing worldwide — an estimated one-third of those consumers come from North America. A significant percentage of this booming market can be ascribed to the enticements presented by ill-fitting runway knockoffs churned out by European chains like H&M and Zara. Shoppers are insatiable when it comes to poorly constructed trendy clothes, but we neglect to think about the environmental consequences of our excessive consumption.

It can be hard to resist the temptation of fast fashion when you're at an age (and in an income bracket) that favours

accessible fads over investment pieces. But we need to work at recognizing the difference between a want and a need and reconciling our cravings for affordable fashions with our obligation to become conscious consumers — not only for ethical and environmental reasons but because it would be nice if our clothes didn't expire faster than a container of yogurt.



Today's fad, tomorrow's castoff.
NEILSON BARNARD/GETTY IMAGES FOR H&M

Follow Jessica
Napier on Twitter
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A whale of a suite deal



CHRISTIAN STROMQVIST

Carving out a niche

Icy 'whale' room helps save oceans

This interior may chill your bones, but the intention behind its design will surely warm your heart.

Designer Andrew Winch's commission to build the recently unveiled "whale" suite at the Icehotel in Jukkasjärvi, Sweden, will be donated to efforts to save the world's oceans, ecologist group Blue Marine Foundation (BLUE) has announced.

METRO WORLD NEWS

BLUE's point of view



"Awareness is good news for the world's oceans. Today, only 2.3 per cent of them are under protection. Sadly, marine conservation is, for the moment, out of sight and mind."

Rachel Etherington, managing director at Blue Marine Foundation

Totally chill design

- Cost.** For one person, a night in the Whale Suite starts from a cool 3,250 Swedish krona (\$506).
- Temperature.** The Icehotel's room temperature is a balmy -5 degrees, compared to -30

degrees outside.

- Melting.** The Icehotel is built in November and melts in May. The melting process takes four to six weeks.

Taking stock

'Fountains' of fish could flourish in protected seas

While news that popular oily fish mackerel is no longer sustainable points to our oceans' woes, ongoing conservation projects can revive fish stocks "within five years," according to BLUE's Rachel Etherington.

"If we set up 'no take zones,' such as the Chagos Archipelago in the Indian Ocean, 'fountains' of fish stocks can thrive, migrate and populate elsewhere," Etherington told Metro.

METRO WORLD NEWS



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Will you be attending the NKOTB, 98 Degrees, Boyz II Men reunion tour?

88%
NO

12%
YES

Twitter

@Spunkynutz:

This man looked me right in the eyes and coughed in my face on the train this morning. #yyc @calgarytransit we are not amused.

@Monkeyslick:

forecasted windchill of -33 for tomorrow...and +9 for weekend... just another normal week in #YYC

@ashfeist:

random act of kindness: stranger fills my car for me because "look

cold". #yyc I missed you and your people.

@shabanarm:

Watching a full moon set and a sun rise on my way to work is one of life's most simplest pleasures. #yyc

@KingOfTheSnakes:

Sup #Monday? #yyc city workers blasting Wu Tang this morning outside my work, inside work: Jan Arden. Shoulda gotta job with city. #longday

DVD review



Paranormal Activity 4

Director. Henry Joost,
Ariel Schulman

Stars. Kathryn Newton, Katie
Featherston, Alexandra Lee

Ever since Oren Peli first made bank in 2009 with his found-footage combo of grainy videos, pesky demons and skittish homeowners, the push has been on to have a new chapter of the slowly evolving Paranormal Activity saga out every Halloween. The quality isn't keeping pace with the production quota. Directors Henry Joost and Ariel Schulman, back for more after helming the superior PA3, take story strands from the first three movies and try to stitch them into something resembling a cohesive narrative. It's a stretch and also not all that scary. PA4 picks up the dangling plot line from PA2 where poltergeist-plagued Californian Katie (Katie Featherston) vanished in 2006 along with her baby nephew Hunter. This is hitched to strange 2011 goings-on in a Nevada household. The expository prequel that was PA3 is all but forgotten until the confusing ending of this film. You follow? It doesn't really matter, because it's all faint-by-numbers this time, without even a cool device like the low-tech fan cam from PA3 to interest us or really scare us. Extras include the unrated version of the film plus a half hour of "found footage."

PETER HOWELL



Ashton Kutcher stars in jOBs, which was the closing film at the Sundance Film Festival. THE ASSOCIATED PRESS

Kutcher up to the jOB

Method man. Actor took his starring role in Steve Jobs biopic seriously — even risking his health for it

Ashton Kutcher says playing Steve Jobs on screen "was honestly one of the most terrifying things I've ever tried to do in my life."

The 34-year-old actor helped premiere the biopic jOBs — the closing-night film at the Sundance Film Festival — on Friday. In the movie, Kutcher plays the Apple Inc. founder from the company's humble origins in the 1970s until the launch of the first iPod in 2001. A digital entrepreneur himself, Kutcher said he considers Jobs a personal hero.

"He's a guy who failed and got back on the horse," Kutcher

said. "I think we can all sort of relate to that at some point in life."

Kutcher even embodied the Jobs character as he pursued his own high-tech interests off-screen.

"What was nice was when I was preparing for the character, I could still work on product development for technology companies, and I would sort of stay in character, in the mode of the character," he said. "But I didn't feel like I was compromising the work on the film by working on technology stuff because it was pretty much in the same field."

But playing the real-life tech icon who died in 2011 still felt risky, he said, because "he's fresh in our minds."

"It was kind of like throwing myself into this gauntlet of, I know, massive amounts of criticism because somebody's going to go, 'Well, it wasn't exactly ...'" Kutcher said.

While the filmmakers say they tried to be as historically accurate as possible, there was also a disclaimer at the very end of the credits that said portions of the film might not be completely accurate.

Still, realism was always the focus for Kutcher, who watched "hundreds of hours of footage," listened to Jobs' past speeches and interviewed several of his friends to prepare for the role.

The actor even adopted the entrepreneur's "fruitarian diet," which he said "can lead to some serious issues."

"I ended up in the hospital two days before we started shooting the movie," he said. "I was like doubled over in pain, and my pancreas levels were completely out of whack, which was completely terrifying, considering everything."

Jobs died of complications from pancreatic cancer.

Still, Kutcher was up to the challenge of playing Jobs, in

part because of his admiration for the man who created the Macintosh computer and the iPod. "I admire this man so much and what he's done. I admire the way he built things," Kutcher said.

The film also shows Jobs' less appealing side, withholding stock options from some of the company's original employees and denying child support to the mother of his eldest child.

Kutcher still found the man inspiring. Jobs had a singular focus, Kutcher said, and felt like anyone could change the world.

"I don't know if there's ever been an entrepreneur who's had more compassion and care for his consumer than Steve Jobs," Kutcher said. "He wanted to put something in your hand that you could use and you could use it easily ... and he really cared about that."

THE ASSOCIATED PRESS

2 SCENE



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metro

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metronews.ca
Tuesday, January 29, 2013

Beyoncé-gate a sign of our times?

Reality check. The diva's inauguration performance may have sparked an important debate — are we tired of living in a dream world?

The breathtaking model on your magazine cover — of course she's not that thin and unblemished. That reality show you never miss? You're shocked — shocked that its real-life drama isn't 100 per cent unscripted. And that diva who may or may not have mouthed the words to the national anthem to her own prerecorded voice? Yeah, well, so what? It was a big moment, and she wanted to sound her best.

Whether Beyoncé actually sang at last week's presidential inauguration — the jury's still out, and she's kept silent — is, on the surface, the textbook teapot tempest. Dig deeper, though, and the conversation — or lack of it — reveals something important about society at this moment. The big question is no longer whether reality matters. That ship sailed long ago. More to the point is this: Can reality compete?

"It's as if the fakery has become satisfactory," says Jonathan Vankin, co-writer of *Forever Dusty*, a musical that takes events from the life of the late soul singer Dusty Springfield and — carefully — dramatizes them.

Many, including some of Beyoncé's fans and friends, consider the inauguration debate ridiculous because, after all, even if she was lip-synching, she was doing it to her own powerful voice. Fair enough. That ignores, however, two aspects of live performance.

First is what some consider an implicit contract between a performer and a live audience — the expectation that the audience deserves a performance that's in the moment and that might, just might, even be affected by the presence of the crowd. If none of that happens, then why not stay home, skip the hassle and listen to your iPod? And second, the version of Beyoncé's voice that might be recorded in a studio — with potential help from digital enhancement and "sweetening" — could be quite different from the one produced live on a windy, wintry January day.

It's hardly just music. These examples of artifice in



Did Beyoncé break that implicit contract between performer and audience at the U.S. Presidential inauguration? THE ASSOCIATED PRESS

miniature pop up everywhere in American culture — so much so that we hardly even notice it.

Fundraisers sending out bulk mail now commonly use envelopes shaped like personal greeting cards and do their utmost to make the address look like it's handwritten expressly to you, sometimes even adding "personal notes" that are "written" diagonally across the back. And at Walt Disney World, ground zero of artifice, you can go for a "Caribbean" vacation or a visit to "Morocco" without ever encountering the inconvenient realities of the actual locations such as, say, upset stomachs and poverty.

But it is in entertainment — a realm custom built for artifice — that this notion plays out most broadly.

Even the sordid saga of Lance Armstrong, who might seem to share little with the inaugural singing question, can teach us something. Sure, the main issues are that he doped, cheated and intimidated those who would have exposed him. But he, too, offered a not-quite-real public performance that, when you pull back the curtain, broke an implicit contract with his audience.

"Maybe, just maybe, we're all a little tired of being tricked, be it great trickery or be it small trickery," says Virginia Lee Blood, a musician and singer in Nashville, Tenn.

More than that, though, are we setting up unrealistic expectations about the world, piece by tiny piece? How can you persuade a young girl who wants to grow up to sing like Beyoncé that, yes, with practice and

Really?

This big old world is a messy one...

"Reality is complicated, messy and uncertain. We want it to be shrink-wrapped and labelled clearly," says Mark Carnes, general editor of *Past Imperfect: History According to the Movies* and a historian at Barnard College. "We prefer the crisp clarity of sound bites and slogans to the blaring cacophony of the world around us."

hard work she might belt out the national anthem one day at a major public event — if that performance turns out to be not entirely what it seemed?

Even Kurt Cobain, whose music was welcomed by many as a burst of show-business authenticity, struggled with the issue. In his 1994 suicide note he weighed in once more, this time about pretending to be enthusiastic on stage.

"The worst crime I can think of," Cobain wrote, "would be to rip people off by faking it."

Of course, Cobain's band, Nirvana, also produced, much more famously, six words that encapsulated the era in which we live — and give us what is perhaps the ultimate verdict on this issue. "Here we are now," he sang. "Entertain us."

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Rick Ross is in all sorts of trouble, as is the delightful Chris Brown



THE WORD
Dorothy Robinson
scene@metronews.ca

First up is Mr. Ross, who crashed his Rolls-Royce into an apartment building around 5 a.m. on Monday. The rapper was apparently trying to flee from an attempted drive-by shooting in Fort Lauderdale. Authorities say unknown suspects fled before police arrived and that Ross and his companion were unharmed. That apartment building and Rolls — not so much. Also on Monday, but



on a different coast, Chris Brown and Frank Ocean were reportedly at the cen-

ter of a brawl outside a Los Angeles recording studio.

The dispute erupted over a parking spot, with members of both men's entourages kicking off the fight. Brown, no stranger to brawls, left the scene before police arrived, though Ocean and his team stuck around to give a statement. Because of that, police are classifying Ocean as "the victim," a law enforcement source tells the website. Ocean took to Twitter to address the fight, posting, "got jumped by Chris and a couple guys."

I only wish [his dog] Everest was there. Cut my finger now I can't play with two hands at the Grammys."

Ha. I love how Brown likes to think of himself as the bad boy of R&B — and he gets into a fight over a parking spot. His street cred is seriously impressive.



Randy Quaid

Canada ain't too keen on Quaid

It looks like Canada doesn't want Randy Quaid hanging around much longer. The troubled actor — who along with his wife, Evi, face felony vandalism charges in Santa Barbara, Calif. — applied for permanent resident status in Canada, but the request has been denied, a Canadian government official confirms to the Washington Times. U.S. officials have not sought the actor's extradition, but Santa Barbara authorities have made it clear they plan to have the couple arrested if they set foot back on U.S. soil.

Ben and Jen trying to keep kids out of the biz

Hollywood has been pretty good to Ben Affleck and Jennifer Garner, but that doesn't mean they want any of their three children going into the business. "I would do whatever I could to discourage that," Affleck tells E! News. "My kids have enough issues of being exposed in ways that I don't want them to be exposed, in magazines and shows and stuff." But if daughters Violet, 7, and Seraphina, 4, or 11-month-old son Samuel should show interest in acting? "You know, if you're interested in drama, there's great theatre classes and stuff and that's what's appropriate," Affleck says.



Ben Affleck and Jennifer Garner
ALL PHOTOS GETTY IMAGES



Jenna Dewan-Tatum
ALL PHOTOS GETTY IMAGES

Jenna's baby bump bringing her the bizarre

Jenna Dewan-Tatum is taking to Twitter for some peace of mind during her pregnancy — with some famous friends providing answers.

"Ok my fellow preggies ladies, about these hormonal dreams," Dewan-Tatum, who is expecting her first child with husband Channing Tatum, tweeted.

"Is it normal to fly on a magic carpet while presenting at Golden Globes?" Luckily Dewan-Tatum's pal Evan Rachel Wood, who is also currently pregnant, was online to reassure her.

"Totally normal," Wood wrote. "I floated away while holding on to balloons and yelled at my dentist's assistant in my dream."

And she's rollin', rollin', rollin' outta the USA



Tina Turner

Tina Turner is ditching her U.S. citizenship and becoming a resident of Switzerland, according to Swiss newspaper Zuerichsee-Zeitung. While the local council where the 73-year-old singer has been living has approved her application for Swiss citizenship, the request still needs to be given the go-ahead by state and federal authorities. "I am very happy in Switzerland and I feel at home here. I could not imagine a better place to live," Turner tells German newspaper Blick. Turner has kept her primary home in a suburb of Zurich since the mid-1990s.

Twitter



@ParisJackson

is it possible to go to a hypnotist and get your memories of a past relationship or the entire memory of someone erased from your head



@garnettwill

just saw one of those commercials for milk. glad they have those. almost forgot what milk was.



@ABFoundation

Disregard that last tweet. Someone hacked me.



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Health

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on exercise and
health

Your triglyceride levels might stay on an even keel if you participate in light exercise,

especially after meals, the journal of the American College of Sports Medicine reports. Researchers looked at healthy participants not currently taking part in an exercise program.

Once the participants ate

a meal and began a low-intensity regimen of walking and resistance exercises, their triglycerides' elevation levels were suppressed. To a lesser extent, eating after exercising had similar effects.

"High triglyceride levels can put individuals at risk

for cardiovascular disease, heart attack, and other heart-related conditions," said lead investigator Wataru Aoi, of Kyoto Prefectural University in Kyoto, Japan. "Regular exercise is a good way to keep triglycerides from becoming elevated, and the results of

this study may help individuals manage their triglyceride levels more effectively by considering the timing."

The reports appear in the February edition of *Medicine & Science in Sports & Exercise*.

MEREDITH ENGEL, MW

Don't be that kind of gym rat

Etiquette. How to deal with annoying people during your daily workout and how not to become one of the offenders

LINDA CLARKE

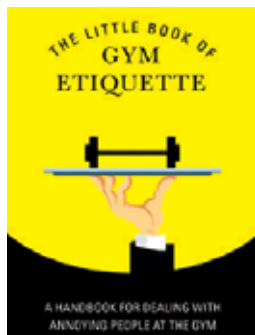
Metro World News

Lori Pines, a lawyer and avid gym-goer in New York City, was so fed up with bad gym behaviour interrupting her workouts that she wrote *The Little Book of Gym Etiquette: A Handbook for Dealing with Annoying People at the Gym*.

So, what's her biggest peeve?

"People leaving their things all over the place — towels, used water bottles, reading matter. They might be done with it, and they just leave it. They leave a water bottle on a machine and expect you to deal with it."

"People go to the gym to



The gym is a shared space. Make sure you're doing your part to keep it up and running. ISTOCK PHOTOS

focus on themselves," Pines says.

"That's what it's all about — but you have to be aware of your impact on others around

you, too. People don't try to be annoying, but they often aren't aware how they're affecting others."

If you're exasperated with a

fellow exerciser, Pines says to try to let it roll off your back.

"The best thing to do is to stay calm. Go to another part of the gym. Try and laugh it off."

How's your etiquette?

Here is Pines' checklist for what to remember:

- **Don't be a slob.** "This applies to leaving things around, but also to cleanliness. In the locker room, there's nothing wrong with being naked — but put a towel down on the bench before sitting."
- **Don't be a hog.** "There's always one piece of equipment that everyone wants to use. Talk to the manager and ask them to enforce a time limit. Make sure that it's posted on the equipment."
- **Don't be a space invader.** "One example is the StairMill. People kick their legs out, wave their arms, go backward. It's really annoying to people on the next machine."
- **Don't be an exhibitionist.** "Exhibitionists wear inappropriate clothing with body bits hanging out. They make excessive noises."
- **Don't be a super-talker.** "Chatterboxes are so distracting. Cellphone talkers, trainers who talk loudly. Be friendly, but extensive conversation is not the objective at the gym."

VASEK POSPISIL
8-time Davis Cup Participant

MILOS RAONIC
8-time Davis Cup Participant

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If your New Year's resolutions are off to a rough start, perhaps it's time to realign your priorities. ALL ISTOCK PHOTOS

Take the 90-day challenge and commit to a new you

Resolutions. If you're struggling to reach your goals, it's time to re-calibrate and remember that it's a marathon, not a sprint

CELIA MILNE
life@metronews.ca

Want to be skinnier, richer and fitter?

We all start off well with New Year's resolutions, but good intentions begin to slip a bit by the end of January.

Whether you are trying to eat less processed food, quit smoking or spend less money, it's only human to revert to old habits.

But hang in there. "Think of resolutions as marathons, not 100-yard dashes. Prepare for the long haul of a changed lifestyle,"

Resolutions

If your determination to change is waning, Norcross suggests some tactics to keep your resolution going in February. Simply put, it's time to re-engage

- **Get help.** Cultivate social support from coworkers, family members, friends or fellow resolvers.
- **Temptation.** Create a slip plan. For example, distract yourself from temptation by calling a friend or going for a walk.

- **Outlook.** Be positive about yourself and your successes.

- **Changes.** Remember that meaningful changes take more than three months.

- **Prepare.** Start by contemplating where you want to go, even if you're just not quite ready to start.

- **Action.** After you're prepared, get down to setting actual goals and realign priorities to reach those goals.

says Dr. John Norcross, psychologist at the University of Scranton in Philadelphia, PA, and author of the new book *Changeology: Five Steps to Realizing your Goals and Resolutions*.

No matter what goals

you are aiming for, it's important to realize that you can't change overnight.

"Both psychological research and neuroscience tell us that 90 days are required to solidify a behaviour change," says Norcross.

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Tropical escape on a plate: Swordfish with Mango Salsa



ROSE REISMAN
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Any firm fish will work with this recipe; try tuna or shark.

The key to perfect fish is to never overcook it — fish is best when slightly undercooked.

Parsley or dill can be substituted for the cilantro, and pineapple, papaya or peaches for the mango.

The salsa is also delicious with chicken or pork.

1. Preheat the barbecue to high or set the oven to 425 F.

Ingredients

Prep time: 15 minutes

Cook time: 10 minutes

- Six 4-oz swordfish steaks
- 1 1/2 cups finely diced mango
- 3/4 cup finely diced red bell pepper
- 1/2 cup finely diced green bell pepper

Line a baking sheet with foil and spray with cooking oil.

2. Barbecue or bake the fish for 10 minutes per inch of thickness, or until it flakes easily when pierced with a fork.

3. While the fish is cooking, combine the mango, red and green peppers, onion, cilantro, juice concentrate, lemon juice, oil, garlic and sugar in a bowl. Mix thoroughly. Serve the fish with the salsa spooned overtop.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN.

- 1/2 cup finely diced red onion
- 1/4 cup chopped cilantro
- 2 tbsp orange juice concentrate
- 1 tbsp freshly squeezed lemon juice
- 2 tsp olive oil
- 1 tsp minced fresh garlic
- 1/2 tsp granulated sugar



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health Solutions

Good ol' topical coffee



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Don't you dare throw out those coffee grounds and tea bags! You are going to use them to replenish your tired, winter skin.

The anti-oxidants in both, along with the anti-inflammatory properties that they have, are just as potent when applied topically. To boot, they constrict blood vessels and can reduce redness, which may be helpful when Jack Frost does his bit on your cheeks.

Green Tea Bath

Some of the finest spas provide hot tubs infused with green tea. For an overall skin soother, tie a handful of loose leaf green tea (cheap in Asian markets!) into a j-cloth. Let it infuse in

the tub while it is running. You can save this tea sack for two or three days and use a few times over.

Tea Bags

Great soothers for tired eyes once they cool off. Freeze them and spend a few minutes with them on puffy eyes. Just remember to drink water to reduce puffiness from the inside and to wash off any tea stains or you risk reducing puffiness only to enhance dark circles.

Coffee ground

Excellent exfoliant for the body but a little too rough for facial skin.

Rough knees, elbows, backs of arms that are suffering winter dryness are soothed and scrubbed in the tub. Use only tablespoons at a time lest

you plug up a drain and have to go to a real spa to relax and recover from the plumbing problem.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.



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Take taste buds to Mexico with Burritos

Pantry staples like canned beans and pasta sauce are combined with fresh shredded veggies to create a delicious and nutritious baked burrito that kids and adults will love.

1. Preheat oven to 375 F (190 C); place tortillas on working surface.

2. On each tortilla, evenly spread 1/4 cup (50 ml) beans; top with 1/4 cup (50 ml) each: shredded carrots, zucchini and

Ingredients

- 2 small 6-inch (15 cm) low sodium multi-grain flour tortillas
- 1/2 cup (125 ml) low sodium refried beans
- 1/2 cup (125 ml) each shredded carrots and zucchini
- 1/2 cup (125 ml) diced cooked chicken
- 1 1/4 cup (300 ml) Healthy Choice Traditional pasta sauce, divided
- 4 tbsp (about 1/2 cup/ 125 ml) shredded cheese
- 1/2 tsp (1.25 ml) cayenne pepper (optional)
- 1 tbsp (15 ml) finely chopped cilantro, for garnish
- 1/4 cup (50 ml) guacamole (optional)



This recipe serves one. NEWS CANADA

diced chicken. Top with 1/8 cup (30 ml) Healthy Choice Traditional pasta sauce. Roll each tortilla around ingredients and place seam-side down in oven-proof baking dish.

3. Top with 1 cup (250 ml) Healthy Choice Traditional pasta sauce and shredded

cheese and sprinkle with 1/8 tsp. (0.6 ml) cayenne pepper (optional); bake for 20 minutes or until cheese is melted and tortillas are slightly browned.

4. Garnish with chopped cilantro and serve with an optional side of guacamole. **NEWS CANADA/HEALTHYCHOICECANADA**

And the award for best person goes to ...

Gender neutrality.

Will acting award shows ever ignore a person's sex and allow men and women to compete for the same honours?

Do Meryl Streep, Anne Hathaway and Helen Mirren really need a category just for women — a singular kind of affirmative action — to snare one of Hollywood's favourite accessories, an Oscar, Emmy or Screen Actors Guild trophy?

In a society tilting steadily toward gender neutrality, the separate-but-equal awards that divide actors into one camp and actresses into another have the whiff of a mouldy anachronism. True, the Association for Women in Science gives honours to encourage female success in male-dominated fields. But to mark enduring achievements, would its members ever yearn for a Women's Nobel Prize in physics? In contests of intellect or artistry, should gender ever matter?

"It's not like it's upper body strength," Gloria Steinem dryly observed of the requirements of acting. The separate labelling of male and female performers is losing favour in the industry. Actresses often swat the distinction away by calling themselves "actors," standing shoulder to shoulder with their male counterparts.

Usherettes are long gone from cinema lobbies, after all. And defence officials said Wednesday the Pentagon will lift its ban on women in combat. SAG, which holds its awards ceremony Sunday, edged toward neutrality with its trophy dubbed the Actor, although the guild gives separate honours to best performance by a male actor and female actor. That cracks the door open, but only slightly. Fling it wide so that Daniel Day-Lewis' majestic performance in *Lincoln* and Jessica Chastain's steely turn in *Zero Dark Thirty* vie for the grand prize!

"That's a great idea," said Mark Andrews, writer-director of the animated film *Brave*. "At the end of the day, we're all storytellers, and I don't think when we're defining a character that the gender is the major defining factor."

In all other awards-eligible



Feminist, journalist and political activist Gloria Steinem is in favour of gender neutrality in acting. CANADIAN PRESS

fields, including directing, writing or cinematography, everyone is "going for it," male and female alike, Andrews said.

That may be progress in theory for performers, but not in practice, according to Sally Field, a SAG and Oscar best supporting actress nominee for *Lincoln*. "If you do that you won't see any actresses up there (on stage) at all," she said. "The percentage of roles is so weighted toward actors. That's the way it's always been."

Exactly, concurred Naomi Watts, *The Impossible* best actress SAG and Academy Award nominee. "There's so much competition in life and I do think we are different," she said. "Yes, we should be able to have the same things as much as possible ... (but) life's a battle already and there's so many great roles written for men. Women are at a disadvantage when it comes to volume."

Hathaway, in the running for SAG and Oscar supporting actress honours for *Les Misérables*, considers the gender split "an awesome question worthy of an awesome debate."

"Can I conceive of a world where performance becomes a genderless concept? Absolutely. Do I think it's going to happen anytime soon? No," she said. As Field pointed out, the bedrock challenge is that women get fewer substantive roles than men. Ironically, that's obscured by the artificial parity on stage

Quoted

"It's an awesome question worthy of an awesome debate."

Actress Anne Hathaway
On the subject of gender neutrality in the acting business.

each year at awards shows. Five women compete, five men compete, two winners are crowned.

So what's the problem? A quick numbers check makes it clear: Females comprised about a third of the characters in the 100 top-grossing films in 2011, according to the Center for the Study of Women in Television and Film at San Diego State University. This, despite the fact women make up slightly more than half of the U.S. population. And the finding isn't an anomaly, according to the centre's past research. In this context, feminist leader Steinem sees legitimate reason to retain separate acting awards. When two unequal groups are combined, it's the less-powerful one that loses, she said, as when 20th-century U.S. school desegregation led to mass layoffs of black principals and administrators.

Hollywood, often viewed as staunchly progressive, shows no indication of abandoning tradition in the awards arena.

The Oscars Awards, a reflec-

tion of their time, launched in the 1920s with his-and-hers acting trophies (for Emil Jannings and Janet Gaynor) and stuck with the formula.

Television showed its modernity by kicking off the Emmy Awards in 1949 with a gender-neutral trophy for best TV personality — which was won by a woman, Shirley Dinsdale — according to Emmy archives.

Following Oscar's lead, however, the Emmys quickly added separate actor-actress contests in 1951. A best reality host category, begun in 2008, is open to men and women.

In the behind-the-scenes film and TV categories in which the sexes compete, women rarely make it on stage at awards ceremonies. The Oscars started in 1929, but it wasn't until 2010 that the first woman, Kathryn Bigelow, was honoured as best director (*The Hurt Locker*). Stats again provide clarity: Women made up a paltry nine per cent of the directors on 2012's top-grossing films, a new San Diego State University study found.

Let's give two-time Oscar winner Field the last word in this debate. Actresses "should be in their own category because they ARE in their own category," she said. "They face their own specific kind of difficulties surviving in this business that actors, bless their hearts, don't face."

THE ASSOCIATED PRESS

Have a 'good' fight with your partner. Discover the real reason why you clash and argue

Fighting in relationships is inevitable. This is not necessarily a bad thing — working through conflicts only makes your bond stronger. Of course, there are completely unproductive ways to fight, and when we're fired up it's easy to fall into those patterns. The best thing you can do to ensure a "good" fight is to know what you're pissed about, and make sure you express it.

Knowing why you're mad can be trickier than you might imagine. Think about the things we tend to yell about. They're often small: leaving dishes in the sink, not taking out the trash or being 30 minutes late. Generally speaking, these small behaviours aren't the actual problem. Maybe they're annoying, but there's probably something deeper going on that made them so infuriating in the first place.

What we're truly upset about is generally much more profound and less nitpicky than what we express. We feel neglected, walked on, rejected or unloved. But because it's hard to pinpoint one specific behaviour that makes us feel this way, we grab onto something small yet tangible and have blow-out fights about three dirty plates.

We get mad about things that are easy to get mad about. These things don't illuminate past scars, current insecurities or deep-seated fears. They let

The main offenders

Things that couples fight about the most

- Money
- Free time
- Sex
- Household chores
- The children or pets
- Politics
- Religion

us get out all our pain and anger without having to admit how much control our partner has over our happiness. But they also distract us from having conversations about what we really need. These feelings could poison the relationship if left unattended.

These more difficult issues that we're not confessing to our partners (and maybe even to ourselves) are the ones we need to bring up. Maybe we can't do it articulately. Maybe we don't have "facts" to support it. And maybe it makes us sound a little more vulnerable than we'd like to admit. But only by revealing your deepest wounds does your partner have any chance to heal them. **METRO NEW YORK**



Discover the real reason why you fight with your partner. ISTOCK PHOTO

Quoted

"It's not like it's upper body strength."

Feminist, journalist, activist Gloria Steinem
On how gender shouldn't matter in contest for intellect and artistry.

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RRSP season can be stressful for those who juggle several financial commitments. iSTOCK IMAGES

Avoiding the stress of RRSP season

Alison on Money.

Setting up an automatic contribution plan will help you deal with this stressful time



YOUR
MONEY
Alison Griffiths
money@metronews.ca

It's the best of times and the worst of times — RRSP season. Best if you've been tucking money away monthly, allowing you to ignore all the hype and look forward to a tax refund.

But it is the worst of times for those who juggle a myriad of financial commitments and haven't managed to make a dent in their contribution room.

According to a recent BMO Financial Group study, 75 per cent of Canadians with an existing RRSP have made some kind of contribution during 2012.

But nearly 50 per cent of us are planning on a lump sum deposit before the March

1 deadline for the 2012 tax year. And that intention spells stress as Canadians try to catch up because they haven't contributed enough during the year.

The maximum you can deposit to an RRSP for 2012 is \$22,970.

However, not even a third of eligible Canadians make retirement contributions at all. Of that group, fewer than 30 per cent use up their annual contribution room.

It's too late to do anything about 2012 unless you have a source of cash to boost your RRSP deposit by the deadline.

But you can certainly avoid RRSP season stress next year by setting up an automatic or systematic contribution plan.

Contributing to an RRSP on a regular basis makes so much sense. Aside from anything else it reduces stress at a time of year when most people are short of funds after the holiday season.

A good strategy is to establish an automatic transfer from your bank account to your RRSP when your pay cheque is deposited. Those who are paid every two weeks will make 26 contributions

In numbers

\$69,426.19

The value of \$100 saved monthly for 25 years at six per cent average annual return (assuming dividends and interest re-invested).

annually.

Another tip is to pick an amount that's not going to cause financial stress. Don't aim for the stars. It's better to start small and increase it once you've adapted to having the money gone before it can be spent.

If you already have an automatic contribution plan, bump it up by five to 10 per cent and aim to do that every year at this time.

Tax refunds make handy RRSP contributions. However, I prefer to see that money used to pay down debt.

It is better to imbed regular retirement savings in your financial life just as you do rent or mortgage payments.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Fitting the lottery into your plan



FUN AND
FRUGAL
Lesley Scorgie
money@metronews.ca

Sometimes I daydream about what it would be like to win the lottery. I can only imagine how \$20 million could change my life and those around me.

If invested in a growing business, it could double in value and would surely last a lifetime. Wow! But the odds are stacked against every lotto ticket purchaser — one in tens of millions of people win. So why play?

Many people that do are drawn to the game because of their "what if" daydream actually comes true, the finan-

cial reward is greater than what a lifetime of working could ever produce.

For most Canadians, however, winning the lottery will never happen. If you're banking on winning the lottery to provide enough for your retirement, think again.

You have the ability to improve your financial odds thousands of times over simply by sticking with tried and true savings principles.

Rather than purchasing \$25 a week in lotto tickets, invest that in a tax advantaged savings plan like the RRSP. If you started contributing \$25 a week at age 25, retired at 65 and earned eight per cent in your RRSP over the course of 40 years, you'd have \$335,000 in retirement savings.

If you doubled that weekly amount, under the same scenario it would total \$670,000 by retirement. (Run your savings scenario with the free retirement savings

calculator at getsmarter-aboutmoney.com.)

If, on the opposite side of the spectrum, you're making maximum contributions to your RRSP, TFSA and retirement savings program through work, then playing the lottery isn't the end of the world. It may actually improve your financial odds. As with most things in life, moderation is key. If you're really feeling lucky, a lotto ticket purchase from time to time won't hurt. But don't play the lotto at the expense of paying your heating bill or making contributions to your retirement savings.

Always stick to tried-and-true financial planning principles; spend wisely, save and invest for your future (at least 10 per cent) and give back to your community.

Follow Lesley on Twitter
@LesleyScorgie



Golf

Tiger takes another one at Torrey Pines

Tiger Woods is a winner again at Torrey Pines, and the only question Monday was how long it would take him to finish.

Woods stretched his lead to eight shots in the Farmers Insurance Open before losing his focus and his patience during a painfully slow finish by the group ahead.

Despite dropping four shots over the last five holes, he still managed an even-par 72 for a four-shot victory.

He won the tournament for the seventh time, one behind the record held by Sam Snead, who won the Greater Greensboro Open eight times. It was the eighth time Woods won at Torrey Pines, which includes his 2008 U.S. Open win. **THE ASSOCIATED PRESS**



Tiger Woods celebrates Monday's win at Torrey Pines in La Jolla, Calif. GETTY IMAGES

NHL

Subban strikes 2-year deal to stay a Canadian

Defenceman P.K. Subban will be rejoining the Montreal Canadiens after signing a two-year, \$5.75-million US contract on Monday.

He will make \$2 million the first year after having earned \$875,000 last season on an entry-level contract.

THE CANADIAN PRESS



Sharks captain Joe Thornton celebrates his first-period goal against the Canucks on Sunday night in San Jose. With 13 points in five games, Thornton is tied for the NHL scoring lead with teammate Patrick Marleau. **THEARON W. HENDERSON/GETTY IMAGES**

Aging Sharks still apex predators

NHL. Marleau's scoring, Thornton's playmaking have San Jose off to its best-ever start

Patrick Marleau and Joe Thornton have found the perfect way to silence the talk about whether their window for success is closing in San Jose.

With Marleau scoring goals at a record pace to start the lockout-shortened season and Thornton at his playmaking best, the Sharks have won their first five games to get off to the best start in franchise history.

The fast start comes nine months after an early finish last season when the Sharks were eliminated in five games by the St. Louis Blues in Round 1 of the playoffs. The step back after

By the numbers

9

With nine goals and four assists, Patrick Marleau is tied with teammate Joe Thornton (three goals, 10 assists) for the NHL scoring lead and has single-handedly out-scored San Jose's opponents 9-8.

two straight trips to the Western Conference finals raised questions about whether a club led by 33-year-olds Thornton and Marleau had missed its opportunity to win a Stanley Cup.

"Every year you have to earn respect," Thornton said Monday. "It's not given to you. We've had good years in the past. Obviously, people might be doubting us a little but this year just because people say, 'You guys are getting old, you're 33, Joe and Patty.' We still have

lots left in the tank. We still feel like we're one of the elites in the West."

They have done that so far, winning their first five games in commanding fashion. San Jose has outscored its opposition by 15 goals and is the third team in NHL history to win its first five games by at least two goals.

The Sharks have the top line of Thornton, Marleau and Joe Pavelski to thank for the early success.

Marleau became the first player in nearly a century to score at least two goals in the first four games, joining Ottawa's Cy Denneny in 1917-18 as the only NHLers ever to achieve that feat. Marleau added a ninth goal in Sunday night's 4-1 win over Vancouver, even though the streak of two-goal games came to an end.

Quoted



"I thought it might take me a little bit. But obviously playing with two guys who had been playing overseas, that helped me out a lot out there."

Patrick Marleau, who is off to a historically fast start despite not playing any games during the lockout in contrast to linemates Joe Thornton and Joe Pavelski, who went to Europe.

"It's something that was fun," Marleau said. "It was helping the team. It was kind of special. The pucks are bouncing right at the right time and going off me. It was fun."

THE ASSOCIATED PRESS

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Niners RB Gore finally getting his chance to shine



San Francisco running back Frank Gore. STEPHEN DUNN/GETTY IMAGES

NFL. 29-year-old coming up big after years of struggling in San Francisco

Frank Gore never lost hope. Not through all the injuries, all the losing early in his career.

That perseverance finally paid off this season for the San Francisco running back.

The 29-year-old Gore helped the 49ers reach the Super Bowl for the first time since 1995, a triumph that is especially sweet given all he's been through. He tore up both knees in college. He underwent major surgery on both shoulders after he got to the pros. He lost part of another season to a hip injury.

Not to mention, Gore didn't

Quoted

"He can do it all.... I love to watch him."

Niners running back Frank Gore on his Ravens Super Bowl counterpart Ray Rice

experience winning in the NFL until his seventh year.

"It was tough, real tough," he said Monday. "It was tough coming to work, especially for me coming from a winning program (Miami) in college. I was never used to losing. I used to take it hard."

One of his teammates, full-back Bruce Miller, has noticed the determination in Gore's eyes as the team prepares to face the Baltimore Ravens in the title game Sunday.

"It means a lot to him," Miller said. "In meetings and at practice, you can see how intense and focused he is. He's worked hard for it."

The Ravens have their own threat out of the backfield.

Like Gore, Baltimore's Ray Rice has been overshadowed by more prominent teammates, namely quarterback Joe Flacco and retiring linebacker Ray Lewis.

Gore is a power back, someone who can churn out the tough yards between the tackles, while Rice is more of a slasher who can dart through the small openings to break off big gains. **THE ASSOCIATED PRESS**

NFL. Big Easy relishing return of Super Bowl

A 20-storey-high mural of the Lombardi Trophy, affixed to the glass exterior of a bustling hotel that was once a shattered symbol of Hurricane Katrina's devastation, rises like a beacon above the expansive white roof of the Superdome.

The Super Bowl is back in the Big Easy, finally, after 11 years, giving New Orleans a spotlight of global proportion to showcase how far it has come since Katrina left the city on its knees and underwater in August of 2005.

"The story is much, much bigger than the Super Bowl," Mayor Mitch Landrieu said Monday afternoon. "This is a story about the resurrection and redemption of a great American city."

"The Super Bowl gives us an opportunity to reflect on where we've been and where we're going."

From 1970 to 2002, New Orleans was a regular host of the Super Bowl and hopes to be again. This Sunday, when the Baltimore Ravens meet the San Francisco 49ers in the Superdome, the Crescent City will host the NFL's marquee game for the 10th time, tying Miami for the most of any city.

THE ASSOCIATED PRESS



Ravens linebacker Ray Lewis arrives at Louis Armstrong International Airport in New Orleans on Monday.

THE ASSOCIATED PRESS

Super Saturday

When New Orleans was bidding for the 2013 Super Bowl, it floated the idea of a Super Saturday of Service, whereby volunteers could undertake projects to improve the city.

- This Saturday, restoration work will be done on five properties run by the New Orleans Recreational Department, including a high school football field where Archie Manning's sons Eli and Peyton once played. After Sunday, the field will be the new home of the turf used in the Super Bowl.



Obama holds court with the King, Heat

Miami Heat superstar LeBron James speaks to U.S. President Barack Obama in the East Room of the White House on Monday. Obama honoured the Heat for winning the 2012 NBA championship. "Everybody doing their part is what finally put the Heat over the top," Obama said. James, who presented Obama with an autographed basketball, said the Heat were honoured. "We're in the White House right now, which is like, like, 'Mama, I made it,'" James said.

MARK WILSON/GETTY IMAGES

NBA

Irving lands top weekly honour

Kyrie Irving was rewarded for a week he'll have trouble topping.

Cleveland's second-year guard was named the Eastern Conference's player of the week on Monday after leading the NBA in scoring and carrying the Cavs to three

straight wins. In the three games, Irving averaged 35.7 points, scored 40 points in a win over Boston, had 35 against Milwaukee and hit a game-winning three-pointer on Saturday in Toronto.

Those performances came in the same week that Irving was selected to his first all-star team and named Cleveland's top professional athlete of 2012.

THE ASSOCIATED PRESS



Kyrie Irving GETTY IMAGES FILE

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
New Jersey	4	3	0	1	11	7	7
Pittsburgh	5	3	2	0	15	14	6
NY Islanders	5	2	2	1	18	18	5
NY Rangers	5	2	3	0	14	16	4
Philadelphia	6	2	4	0	13	18	4

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	5	4	0	1	17	11	9
Ottawa	5	3	1	1	16	10	7
Montreal	4	3	1	0	13	7	6
Buffalo	5	2	3	0	13	15	4
Toronto	5	2	3	0	14	17	4

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	5	4	1	0	24	13	8
Winnipeg	5	3	1	1	15	14	7
Carolina	5	2	3	0	14	18	4
Washington	5	1	3	1	11	19	3
Florida	5	1	4	0	8	19	2

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	6	6	0	0	22	12	12
St. Louis	6	5	1	0	24	13	10
Detroit	5	2	2	1	11	16	5
Columbus	6	2	3	1	11	19	5
Nashville	6	1	2	3	10	18	5

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Edmonton	5	3	2	0	15	14	6
Minnesota	5	2	2	1	13	15	5
Vancouver	5	2	2	1	14	16	5
Colorado	5	2	3	0	10	13	4
Calgary	4	1	2	1	11	15	3

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	5	5	0	0	23	8	10
Anaheim	4	3	1	0	15	14	6
Dallas	6	2	3	1	12	14	5
Phoenix	6	2	4	0	21	20	4
Los Angeles	4	1	2	1	8	12	3

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Monday's results

Boston 5 Carolina 3
Columbus 2 Dallas 1
Phoenix 4 Nashville 0
Edmonton 4 Colorado 1
Vancouver at Los Angeles

Sunday's results

Washington 3 Buffalo 2
Pittsburgh 2 Ottawa 1 (SO)
Montreal 4 New Jersey 3 (OT)
Tampa Bay 5 Philadelphia 1
Chicago 2 Detroit 1 (OT)
Winnipeg 5 NY Islanders 4 (OT)
St. Louis 5 Minnesota 4 (OT)
San Jose 4 Vancouver 1

Tuesday's games — All Times Eastern

New Jersey at Boston, 7 p.m.
Philadelphia at NY Rangers, 7 p.m.
Toronto at Buffalo, 7 p.m.
Winnipeg at Montreal, 7:30 p.m.
Washington at Ottawa, 7:30 p.m.
Dallas at Detroit, 7:30 p.m.
NY Islanders at Pittsburgh, 7:30 p.m.
Florida at Tampa Bay, 7:30 p.m.
Columbus at Minnesota, 8 p.m.
Anaheim at San Jose, 10:30 p.m.

Wednesday's games

Montreal at Ottawa, 7 p.m.
Chicago at Minnesota, 8 p.m.
Edmonton at Phoenix, 9:30 p.m.
Colorado at Vancouver, 10 p.m.

GOLF

PGA

FARMERS INSURANCE OPEN

At La Jolla, Calif.

Final round — Par 72

Tiger Woods, \$1,098,000	68-65-69-72=278
Brandt Snedeker, \$536,800	65-75-69-69=278
Josh Teater, \$536,800	66-70-73-69=278
Jimmy Walker, \$268,400	67-69-72-71=279
Nick Watney, \$268,400	69-68-71-71=279
Robert Garrigus, \$204,350	72-69-72-67=280
Rickie Fowler, \$204,350	77-65-70-68=280
Aaron Baddeley, \$204,350	71-72-68-69=281
Bill Haas, \$146,400	69-69-72-71=281
Graham Delaet, \$146,400	68-70-72-71=281
Charles Howell III, \$146,400	66-72-71-72=281
K.J. Choi, \$146,400	65-73-71-72=281
Jason Day, \$146,400	73-70-72-66=281
Brad Fritsch, \$146,400	69-67-70-75=281

Also:

Vijay Singh, \$41,480	68-73-70-73=284
Phil Mickelson, \$14,125	72-71-75-70=288
Mike Weir, \$12,200	66-75-73-76=290
Adam Hadwin	66-74-69=WD

NFL

SUPER BOWL XLVII

Sunday, Feb. 3 At New Orleans, La.

Baltimore vs. San Francisco, 6 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	28	13	.683	—
New York	27	15	.643	1 1/2
Chicago	27	17	.614	2 1/2
Brooklyn	27	18	.600	3
Indiana	26	19	.578	4
Atlanta	25	19	.568	4 1/2
Milwaukee	23	19	.548	5 1/2
Boston	21	23	.477	8 1/2
Philadelphia	18	26	.409	11 1/2
Detroit	17	27	.386	12 1/2
Toronto	16	29	.356	14
Orlando	14	30	.318	15 1/2
Cleveland	13	32	.289	17
Washington	11	32	.256	18
Charlotte	11	33	.250	18 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	36	11	.766	—
Oklahoma City	34	11	.756	1
L.A. Clippers	33	13	.717	2 1/2
Memphis	29	15	.659	5 1/2
Golden State	27	17	.614	7 1/2
Denver	28	18	.609	7 1/2
Utah	24	21	.533	11
Houston	25	22	.532	11
Portland	22	22	.500	12 1/2
L.A. Lakers	19	25	.432	15 1/2
Dallas	19	25	.432	15 1/2
Minnesota	17	24	.415	16
Sacramento	17	29	.370	18 1/2
New Orleans	15	29	.341	19 1/2
Phoenix	15	30	.333	20

Note: Division leaders ranked in top three positions regardless of winning percentage.

Monday's results

Memphis 103 Philadelphia 100
Golden State 114 Toronto 102
Sacramento 96 Washington 94
Brooklyn 97 Orlando 77
Chicago 93 Charlotte 85
Denver 102 Indiana 101
Houston 125 Utah 80

Sunday's results

Boston 100 Miami 98 (OT)
L.A. Lakers 105 Oklahoma City 96
Detroit 104 Orlando 102
New Orleans 91 Memphis 83
New York 106 Atlanta 104
Dallas 110 Phoenix 95

L.A. Clippers 96 Portland 83

Tuesday's games — All Times Eastern

Golden State at Cleveland, 7 p.m.
Milwaukee at Detroit, 7:30 p.m.
Dallas at Portland, 10 p.m.
New Orleans at L.A. Lakers, 10:30 p.m.



BY KELLY ANN BUCHANAN

Horoscopes

Aries

March 21 - April 20

Focus on the things that are going well for you rather than the things that are going wrong. Financially and affectionately, you have much to look forward to. So, be positive and before long positive things will occur.

Taurus

April 21 - May 21

Try not to be too concerned about what you own and what you earn. Jupiter's imminent move in your favour will resolve most if not all your financial problems, so why should you worry? Times are not so tough.

Gemini

May 22 - June 21

You seem rather excitable at the moment — much like most other moments really, only more so. Maybe it's because you can sense that something wonderful is about to happen. Be ready for it and enjoy it.

Cancer

June 22 - July 23

It may seem as if your life is falling apart but only because you are looking at it from an entirely negative angle. Compared to most people, you have it easy. You don't believe that? Look around you at the world.

Leo

July 24 - Aug. 23

You will need to be flexible today, so don't plan your schedule in too much detail. In fact, don't plan it at all. No matter what you are doing, you must be ready to drop it all — even at a moment's notice.

Virgo

Aug. 24 - Sept. 23

Now is the time to cosy up to your employers and other important people. With Jupiter about to move in your favour in the career area of your chart, you will know just what to say to get the desired effect.

Libra

Sept. 24 - Oct. 23

You must keep dreaming, even if too many of your dreams have failed to come true. Cosmic activity in the best areas of your chart suggest it won't be long before your luck turns — and it will turn big time.

Scorpio

Oct. 24 - Nov. 22

You will do yourself a lot of favours if you resist the urge to reply in kind to any adverse comments you might receive from those you work or do business with. Count to 10. Make that 20, actually.

Sagittarius

Nov. 23 - Dec. 21

Jupiter's presence in your opposite sign of Gemini will make it easy for you to empathize with loved ones, friends, even strangers. You understand that, like you, they are all striving to be the best they can be.

Capricorn

Dec. 22 - Jan. 20

A light-hearted approach to life will make it easier to deal with the heavy duties you are labouring under. Whatever you are expected to do, at home and at work, don't take it too seriously (but do it well).

Aquarius

Jan. 21 - Feb. 19

You can feel that something special is about to happen, something that has been building up behind the scenes for months. Jupiter, planet of prosperity, is about to bring many good things your way.

Pisces

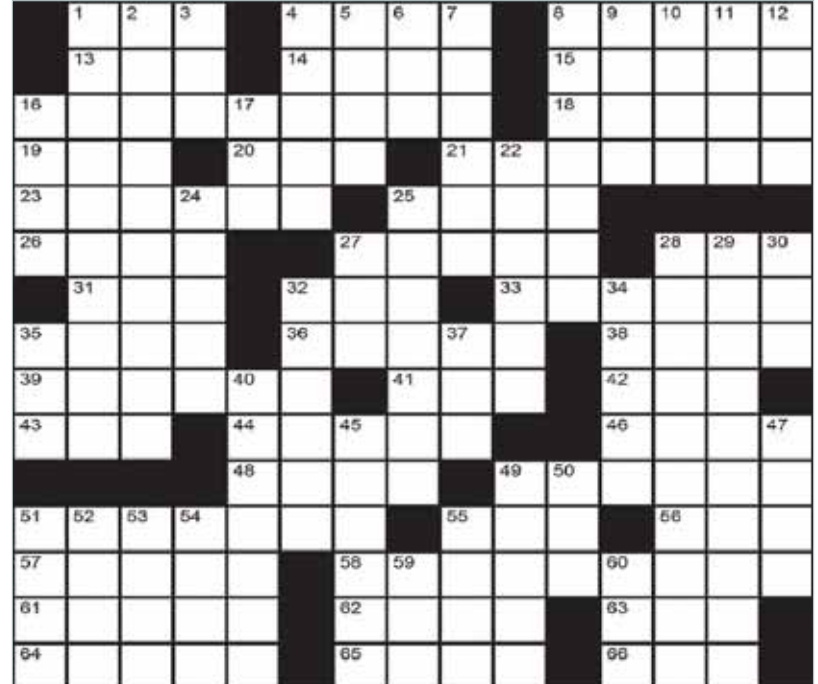
Feb. 20 - March 20

How can you make your home life more exciting? That is the question you have been struggling with in recent weeks and the good news is you are about to find out. Don't let others' negativity hold you back. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Pressure meas.
4. Research papers, e.g.
8. Coffee brand est. 1896 in Vancouver
13. Tsar's I'll land
14. Hawaiian island
15. Chicago's airport
16. Brad Pitt movie: 2 wds.
18. Aussie actress Ms. Wilson
19. "This ___ recording..."
20. Dixie Cups song, when doubled
21. Unyielding
23. Financial magazine
25. Persia now
26. Past person of Peru
27. Calamari
28. William to Harry, for short
31. ___ cake
32. ___ Na Na
33. Old West hangout
35. Lettuce variety
36. "Shout" by The ___ Brothers
38. Ms. Poehler's
39. Plane name
41. Belonging to the intl. org. based in NYC
42. Sports org.
43. Canonized titles [abbr.]
44. Legendary Canadian heavy metal band
46. Serene
48. Tightly stretched
49. Veer
51. Adele's Oscar-nominated song
55. 1990s trial judge
56. Slang-style insult
57. Hammer ___ in
58. Green Gables area of PEI
61. Montreal-born country singer Ms. Clark
62. "Get ___ Up" by John Mellencamp
63. Some vowels
64. "You Won't ___" by The Beatles
65. Bananarama song: "Robert De ___'s Waiting"
66. ___ "The A-Team" star



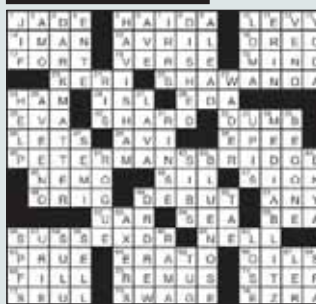
Down

1. Warden's worry: 2 wds.
2. Tea party items: 2 wds.
3. 'Book' suffix
4. Enjoys heavy metal
5. ___ Alto, California
6. Wed.'s follower
7. Automaker of Japan
8. Rouyn-___, Quebec
9. "Cough..."
10. The Who's "___ O'Riley"
11. Lucy Liu's 'Kill Bill' role, ___ Ishii
12. Fashion accessory
16. Minnie Mouse's pet dog

17. Fasten
22. Namesakes of Donald Duck's beloved
24. Disney deer
25. Nunavut's capital
27. Quietude requests, variably
28. Canadian aircraft manufacturer
29. Typical item on Charles and Camilla's itinerary: 2 wds.
30. Offs opposites
32. Newfoundland attraction, ___ Hill
34. Oprah's recent interviewee
35. Blues guitarist Mr. King's
37. Made-bigger pic

40. Cape Breton fiddler Ms. MacMaster
45. What Spock's father was
47. Fit
49. Prefix to 'saurus' (Plated-back dino)
50. Triumphed
51. TGIF followers
52. Human hinge
53. Handled easily, as a ship
54. Tom Cruise movie, "The ___" (1993)
55. Folkie band, Bon ___
59. CNN's Mr. Velshi
60. Built by a beaver

Yesterday's Crossword

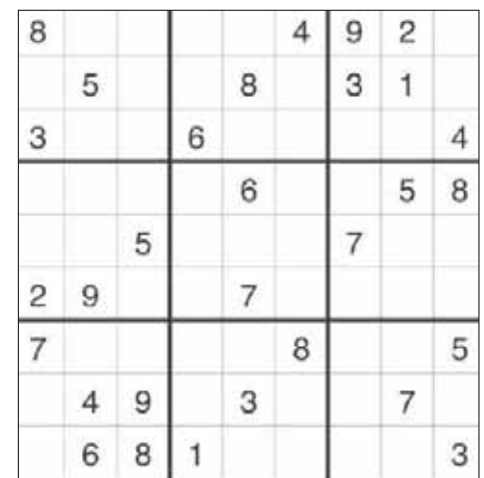


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: -1°
MIN: -10°



MAX: -18°
MIN: -19°



MAX: -14°
MIN: -19°



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(Isaiah 58:11)

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